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Cooking with **SOYA FLOUR and GRITS**

*Follow directions -
use the right amount
in the right way.*



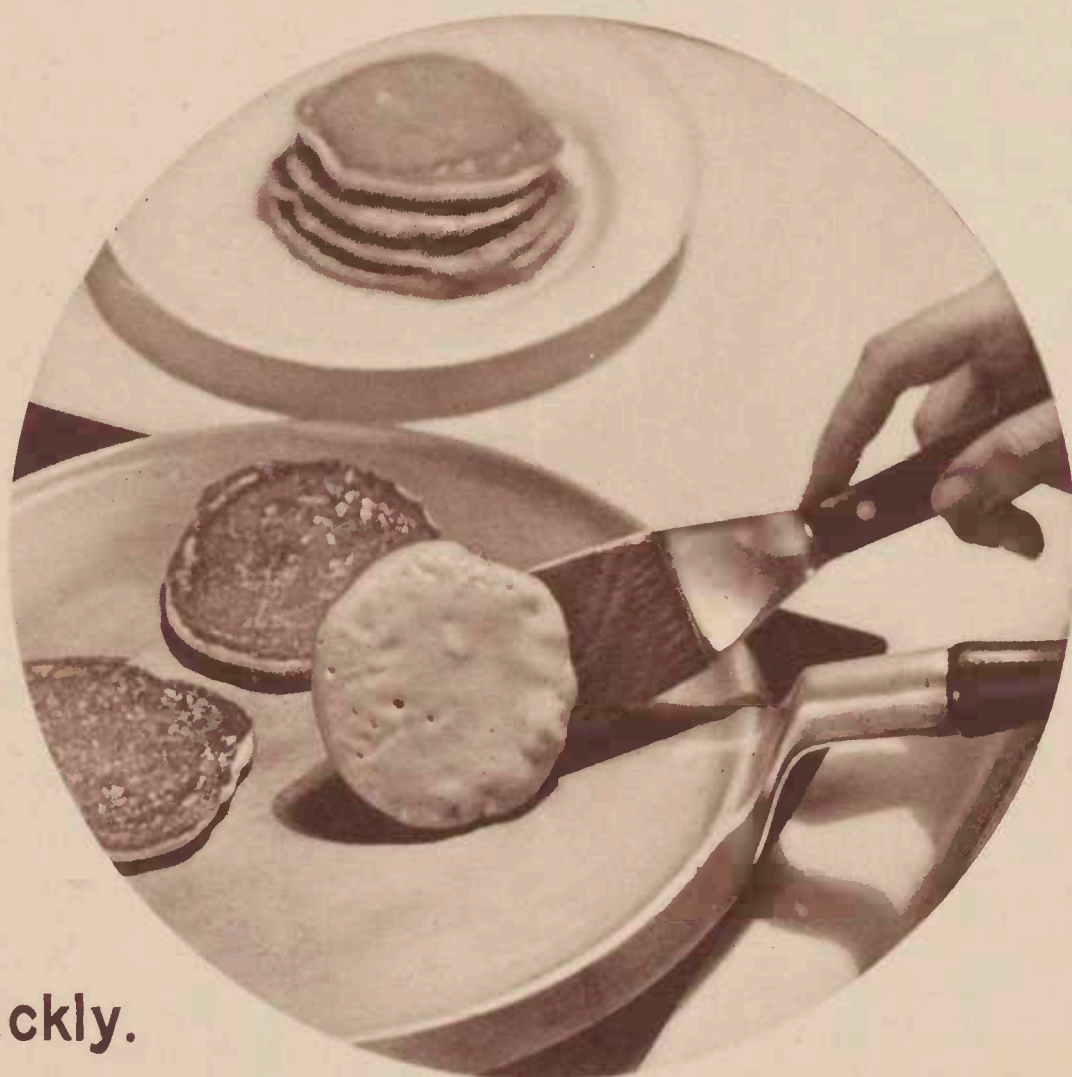
**Soya packs down.... stir it up
before using.**



Be sure to use enough liquid.



Be generous with seasonings.



Soya browns quickly.

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"Get Acquainted with Soya Flour and Grits" - Posters No. 2
**BUREAU OF HUMAN NUTRITION AND HOME ECONOMICS
U. S. DEPARTMENT OF AGRICULTURE**